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PHILADELPHIA NO. 1 FREE DAILY
Tuesday, May 8, 2018 metro.us | t: MetroPhilly | f: M

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GET THE LEAD OUT

Philadelphia's public schools are again under scrutiny after new reports say lead paint, mold and asbestos in old schools are endangering children's well-being. 6-7

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5 THINGS TO KNOW

WELCOME TO METRO PHILLY

SAM NEWHOUSE, REPORTER

When you send your kid to school, you're expecting them to be protected by teachers. But the cash-strapped School District's aging buildings may be exposing students to environmental hazards, as was the case of a 6-year-old who consumed lead paint that was crumbling in his classroom for months. The School District says it has a plan to repair schools, but activists wonder if it will work. Read more on pages 6-7 and at **metrophilly.us**.

1 FAMILIES CROSSING BORDER WILL NOW BE SEPARATED

The administration of President Donald Trump will increase criminal prosecutions of parents entering the United States illegally and place their children in protective custody as part of efforts to tighten immigration enforcement, according to a Department of Homeland Security (DHS) official. The policy formalizes plans that have been under discussion for more than a year. Shortly after Trump took office, pledging a hard line against illegal immigration, border arrests fell. Apprehensions, however, are again on the rise and reaching levels seen during the administration of former President Barack Obama, frustrating Trump. Under the new policy, parents caught crossing the border illegally will both be separated from their children and criminally prosecuted. "Those apprehended will be sent directly to federal court under the custody of the U.S. Marshals Service, and their children will be transferred to the custody of Health and Human Services," the DHS official said in an email. In remarks released Monday, Attorney General Jeff Sessions said, "If you are smuggling a child, then we will prosecute you and that child will be separated from you as required by law."

2 TRUMP TO ANNOUNCE IRAN DECISION ON TUESDAY

President Donald Trump said he would announce a decision on the future of the Iran nuclear deal on Tuesday as European countries piled pressure on Washington to remain in the 2015 agreement. Trump has threatened to withdraw from the deal, which provided Iran with relief from economic sanctions in exchange for limiting its uranium enrichment capacity, unless European signatories to the accord fix what he has called its shortcomings. "I will be announcing my decision on the Iran Deal tomorrow from the White House at 2:00pm," Trump said in a Twitter post on Monday. Trump has until May 12 to decide whether to reintroduce U.S. sanctions on Iran, which would deal a heavy blow to the agreement. Under the agreement with the United States, France, Germany, Britain, Russia and China, Iran strictly limited uranium enrichment capacity to try to show that it was not trying to develop atomic bombs. In exchange, Iran received relief from economic sanctions. Iranian President Hassan Rouhani hinted on Monday that Iran could remain in the accord even if the U.S. dropped out, but said that Tehran would resist U.S. pressure to limit its influence in the Middle East.

3 FIRST LADY MELANIA TRUMP DISCUSSES HER INITIATIVE

First lady Melania Trump speaks during a "Be Best" initiative event in the Rose Garden of the White House in Washington, D.C., on Monday. Melania announced a campaign Monday to raise awareness of children's issues including social media use and opioid abuse, making a rare solo public appearance in the Rose Garden to formally launch her official work.

GETTY IMAGES

4 US EMBASSY ROAD SIGNS GO UP IN JERUSALEM

U.S. Embassy road signs went up in Jerusalem on Monday before next week's opening of the mission in accordance with President Donald Trump's recognition of the city as Israel's capital. Trump says he is making good on U.S. legislation and presidential pledges dating back decades. Other world powers have not done so, sidestepping one of the thorniest disputes between Israel and the Palestinians, who want their own state with East Jerusalem as the capital. Workmen installed the signs, in English, Hebrew and Arabic, along roads leading to a U.S. consulate building in Jerusalem that will be remodeled as the embassy when it is formally relocated from Tel Aviv on May 14. "This is not a dream. It is reality. I am proud and moved to have hung this morning the first new signs that were prepared for the U.S. Embassy," Jerusalem Mayor Nir Barkat wrote on Twitter. Israel captured East Jerusalem from Jordanian control in the 1967 Middle East war and annexed it in a move not recognized internationally. "This [embassy] move is not only illegal but will also thwart the achievement of a just and lasting peace ..." Palestinian negotiator Saeb Erekat said in a statement.

5 NRA NAMES OLLIE NORTH AS PRESIDENT

The National Rifle Association on Monday named as its next president retired Marine Colonel Oliver North, a conservative commentator best known for his central role in the 1980s Iran-Contra affair. The group named North following its weekend annual meeting in Dallas, where President Donald Trump vowed not to tighten U.S. firearms laws despite suggesting earlier this year that he would take on the NRA in the wake of a mass shooting at a Florida school. "Oliver North is a legendary warrior for American freedom, a gifted communicator and skilled leader," NRA Chief Executive Wayne LaPierre said in a statement. "In these times, I can think of no one better suited to serve as our president." North, 74, who serves on the NRA's board of directors, was a pivotal figure in the Iran-contra affair involving secret sales of arms to Iran by President Ronald Reagan's administration and the unlawful diversion of the proceeds to Nicaraguan rebels. North was convicted of three felonies in 1989, but his convictions were overturned on appeal in 1990 because witnesses in his trial may have been influenced by testimony he had previously given under a grant of immunity.

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Police hunt killer of Temple student in off-campus apartment

Motive unknown for why a 21-year-old third-year business student at Temple was shot to death in his apartment on May 5.

SAM NEWHOUSE
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Philadelphia police are currently hunting the killer of a Temple student, found shot to death inside his off-campus apartment over the weekend, whose last act was reportedly to call 911 and tell them that he couldn't breathe.

Daniel Duignam, 21, was found shot to death on May 5, police and the university confirmed.

"We don't have any suspects at this time," Philly Homicide Unit Capt. John Ryan said at a press conference. "We believe Mr. Duignam did know who was there in the apartment. There were clear signs of a struggle."

Ryan said police got the 911 call reporting the shooting from Duignam, who told operators he couldn't breathe. Duignam was found shot inside his off-campus apartment on the 1700 block of Diamond Street, suffering from gunshot wounds to the stomach, groin and forearm, according to a police report. He died on location after medics arrived.

"It's a terrible tragedy for this to happen to somebody that young," Ryan said. "We believe it was a robbery, and we believe it was by someone he knew."

"It's a terrible tragedy for this to happen to somebody that young."
Philly Homicide Unit Capt. John Ryan

While police continue to investigate who may have been inside with Duignam, Ryan said the apartment was ransacked, and money may have been taken, but there was no sign of forcible entry.

"Temple University police and Philadelphia police are investigating. While there are many questions yet to be answered, they do not believe that this was a random act," Temple president Richard M. Englert said in a statement emailed out to students on Saturday in which he said the school would step up security patrols. "On behalf of everyone at Temple, I want to extend my deepest sympathies to Daniel's family and friends at this tragic time."

As news of his death was reported, friends and coaches from his past mourned the death of Duignam, who was recalled as a polite and friendly student at Fox Business School from the Lehigh Valley who was soon to take his last final exam. Police said he had no criminal history.

"It is with great sadness and utter disbelief having lost a member of the Blue Eagle Basketball family at such a young age," wrote a Nazareth High School basketball coach on Twitter. "Our thoughts and prayers go out to the Duignam family."

Duignam was the grandson of the former mayor of Tatamy Borough in Northampton County. The town also posted a memorial on social media.

"I am beyond heartbroken to let you know that one of our own has fallen to a senseless tragedy," Tatamy Mayor Christopher Moren posted on Facebook. "Please keep the Duignam family in your thoughts as they are now having to deal with the unimaginable."

Duignam is reportedly the sixth Temple student to die since the 2017-18 academic year began.

Anyone with any information about the incident is urged to call 215-686-TIPS (8477) or text a tip to PPDTIP (773846).

Daniel Duignam, 21, a third-year business student at Temple, was found shot to death on May 5 in his off-campus apartment. PROVIDED

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Students at risk from lead, asbestos and mold in School District buildings

A new review of School District of Philadelphia buildings found environmental hazards that could cause brain damage and even death.

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Crumbling lead paint spotted on the ceiling at Palumbo Academy in April 2018. COURTESY OF THE PHILADELPHIA FEDERATION OF TEACHERS HEALTH & WELFARE FUND

New reports indicate that Philadelphia school children are regularly exposed to far higher levels of environmental contaminants than is considered healthy. Lead paint, well-known as a potential cause of brain damage in children, was found in many schools, according to a recent investigation by the Philadelphia Inquirer, along with other hazards like asbestos and mold.

"With these kinds of exposures, to lead, mold, asbestos, the effects are insidious, they are cumulative, and they often don't show up for a while, and they can be subtle," said Jerry Roseman, director of environmental science at the Philadelphia Federation of Teachers. "A child with lead poisoning might look like he has ADD and some other kind of thing, and you might never know. The asbestos hazard would take many years to show up, not until after the kid would be out of school."

The Inquirer's series "Toxic City" has examined environmental hazards around Philly for years, previously investigating Philly's housing stock with lead paint. They found some Philly classrooms have lead dust at 150 to 300 times over federal standards.

They also reported on the case of Dean Pagan, a 6-year-old at Comly Elementary who reportedly ate lead paint that crumbled off a ceiling onto his school desk in a classroom the District knew had peeling lead paint. He was later hospitalized for severe lead poisoning nine times above the level that can cause permanent, lead-related brain damage. (The child is still being monitored to determine the full extent of damages.)

"That student was completely unknown to us until a teacher saw the child eating paint chips, got in touch with school counselors, a nurse, parents and he was tested," Roseman said. "You could have many, many children in that situation and

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Damage from water leaks spotted at Palumbo Academy in April 2018 during a PFT/District inspection.
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you wouldn't know."

Superintendent Dr. William Hite authored an op-ed in the Inquirer responding to the article, saying that the District has $4.5 billion worth of needed repairs, citing their efforts to clean up and remove water systems with lead pipes, and calling for "an all-hands-on-deck effort from every neighborhood in this city" to repair aging schools.

But that rang hollow to PennEnvironment Executive Director David Masur, who worked with Roseman to bring more attention to school environmental hazards.

"We've argued that they're not prioritizing where they spend money correctly," Masur said. "Lead is unsafe at any level, the American Academy of Pediatricians, the EPA say that — it's very clear. So you start there."

Despite Hite's promises, Masur and Roseman said the public and parents need to call on leaders to ensure schools are cleaned up. There is no law currently banning lead paint in schools.

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High security planned for Bill Cosby sentencing

The disgraced entertainer's sentencing on his indecent sexual assault conviction is expected to bring plenty of hoopla to Norristown.

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Bill Cosby is currently on house arrest in his Cheltenham mansion.
GETTY IMAGES

Bill Cosby, 80, is legally blind, and on house arrest in his Cheltenham mansion, awaiting a court-ordered evaluation as a sex offender and his sentencing on indecent sexual assault charges. He was convicted of three counts, each carrying a maximum sentence of 10 years.

Prison life would be a rude awakening for someone with the financial clout of Cosby, who has an estimated net worth of $400 million thanks to a reported $4 million-per-episode salary for "The Cosby Show" as well as Jell-O and Coca-Cola endorsements. But some legal observers have speculated that Cosby won't face any jail time at all. In fact, he may be allowed to remain free while his sentence is being appealed, which experts say could take years.

So when will we know Cosby's sentence for sexual assault?

The sentencing date remains to be scheduled but is expected to fall during the month of July, as such sentencing is typically scheduled 60 to 90 days after the trial. Cosby was convicted by a jury on April 26.

Whenever it occurs, law enforcement at the Montgomery County Court where Cosby was convicted is planning to have extra security.

Montgomery County Sheriff Sean Kilkenny was quoted as telling TMZ that it will be "100 percent all hands on deck" for Cosby's sentencing.

Dozens of police officers, county detectives and court officers are reportedly going to be on the scene to provide security for Cosby, TMZ said. No specific threats have been made against the aged entertainer, they said, but a bare-chested feminist protester did jump the gate and rush Cosby on the first day of his retrial.

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Trump targets children's health program in spending cuts

The proposed cut to the CHIP program drew a rebuke from Senate Democratic leader Chuck Schumer.

President Donald Trump will ask Congress for $15 billion in spending cuts. GETTY IMAGES

President Donald Trump will request a package of $15 billion in spending cuts from Congress on Tuesday, including some $7 billion from the Children's Health Insurance Program championed by Democrats, senior administration officials said on Monday.

The proposal comes as the White House and conservative Republicans in the U.S. Congress were edging away from a threat to pick a new budget fight with Democrats after Republicans initially floated some $60 billion in cuts a few weeks ago.

Senior administration officials said the initial package of proposed cuts was targeted at federal funds that were sitting unspent. It would not affect a two-year budget deal agreed in February.

More "rescission" packages, including a "large" one that would address cuts Trump wants from that deal, would be forthcoming, one senior administration official said.

"It appears that sabotaging our health care system to the detriment of middle-class families wasn't enough for President Trump and Republicans; now they're going after health care dollars that millions of children rely on, especially during outbreaks of the flu and other deadly illnesses," Sen. Chuck Schumer said in a statement after an initial report about the CHIP proposal.

The senior administration official, speaking to reporters on a conference call, said the cuts would not hurt the program. Of the total amount, $5 billion came from an account from which the money is not authorized to be spent under the law, he said.

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Cyclists enjoying a ride. Bike Month is celebrated nationwide throughout May. ISTOCK

SIX WAYS TO CELEBRATE BIKE MONTH IN PHILLY

Analysis

RANDY LOBASSO

May is Bike Month in the United States, and there are a ton of great activities throughout the Philadelphia region to take part in over the next three weeks. I've collected some of the many, many bike rides going on throughout May, all of which are worth your time. Even if you're not an avid cyclist, these rides mostly consist of large groups and, as such, will be safer and easier than riding alone.

RIDE DAYS

Maypril Fools Ride:
May 12, 12 p.m.
Re-Load Bags in Northern Liberties makes some of the coolest bike gear around, and for the past 14 years, they've hosted a community scavenger hunt for cyclists. "Riders will stop at various checkpoints, performing goofy, fun tasks and collecting points along the way," Re-Load noted of the ride. "Some checkpoints are bars, some are parks, some are local businesses that support cycling." More information is available at reloadbags.com.

Ride of Silence:
May 16, 6:45 p.m.
Each year, cyclists in cities around the world remember those cyclists who've been killed due to a lack of safe spaces to ride. Philadelphia's Ride of Silence is a 10-mile slow roll — about 9 mph — and riders are encouraged to not say anything the length of the ride. Information is available at RideOfSilence.com or bicyclecoalition.org.

Bike to Work Day:
May 18, 7:30 a.m.
Bike Month may be best known for the annual Bike to Work Day, which takes place in dozens of U.S. cities. People are encouraged not only to ride to work that morning, but to get their noncyclist friends to join them. The Bicycle Coalition of Greater Philadelphia will have stops set up throughout Center City, West Philly, North Philly and South Philly, handing out refreshments and swag. More information is at bicyclecoalition.org.

WTF Road Ride:
May 19, 7 a.m.
Fairmount Bikes hosts this ride for women, trans, nonbinary and gender nonconforming folks. According to the Facebook RSVP page, this city road ride will "keep a steady pace, averaging 13 to 14 mph, and the ride will be about 25 to 30 miles." More information is available at fairmountbicycles.com.

PMA Ride:
May 26, 2 p.m.
Bike messenger Joe Cox is on a mission to "Make a Stranger Smile" (says so right on his bike), and as part of that mission, he hosts PMA ("positive mental attitude") rides, delivering pizzas to Philadelphia's homeless. He'll host a May PMA ride on May 26. Meetup will be in front of the Walgreens at the Kensington and Allegheny El stop. For more information, check out thepmabikeride.com.

Sunrise Ride:
May 27, 4 a.m.
The Sunrise Ride is being put on by Cyclescene PHL, a local organization dedicated to riding together several times each month. They put on the Taco Ride (in which cyclists ride for tacos), the Full Moon Ride (a ride during each month's full moon) and a few others. On May 27 at 4 a.m., the group will meet at the School District Building at Spring Garden and Broad streets, roll around the city for 10-15 miles, and end up at the Washington Avenue Green for sunrise. Sounds neat. Check out Sunrise Ride or CyclescenePHL on Facebook for more information.

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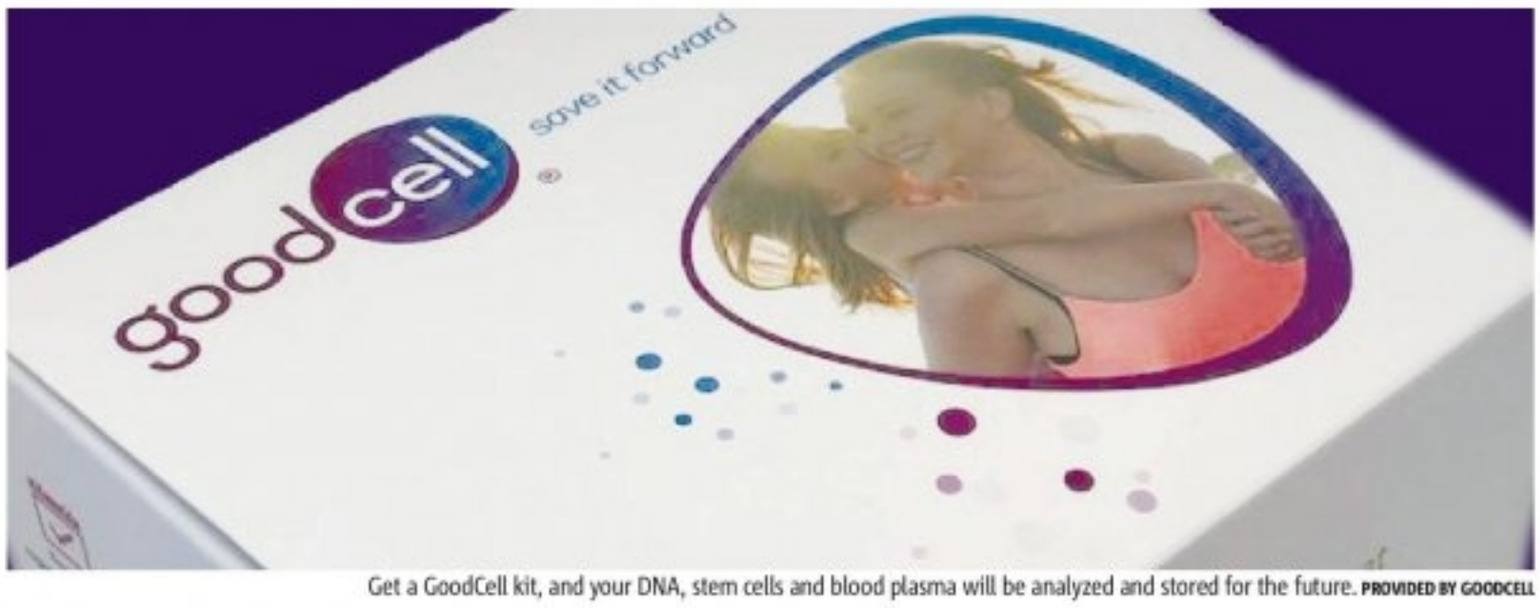

Get a GoodCell kit, and your DNA, stem cells and blood plasma will be analyzed and stored for the future. PROVIDED BY GOODCELL

Trevor Perry knows that he'll probably develop Alzheimer's as he gets older. It's one of the reasons he co-founded a new biotech company, called GoodCell, that keeps your healthy cells safe for the future.

Two of his grandparents — one on each side — have the progressive disease. So, when those DNA tests that can identify your health risks first came out, Perry took them all. Being in the biotech industry, he wanted to take more control over his own health.

From his results, Perry knew an Alzheimer's diagnosis in his future was likely. But he wasn't satisfied with just knowing. After taking those tests, he asked himself, "What can I do now?"

The answer: keep his currently healthy cells in a safe place so that he can use them as a marker of his own aging.

"As time progresses and I get older, I can look at the biomarkers that we do know are associated with Alzheimer's, [and see] is there a change that's happened?" he said. "I feel a lot better knowing that I have this because when I'm 60, 65, every single year, I'll be drawing a tube of blood and seeing what's changed."

That's not the only benefit of keeping his cells. Scientists are developing Alzheimer's treatments — and treatments for other diseases, from cancer to Parkinson's to diabetes — that use stem cells. Using your own cells from when they were healthiest, before those disease mutations appeared, can help your body heal.

GoodCell, which Perry co-founded with Brad Hamilton, is headquartered in Natick and aims to bring this option of storing your healthy cells for future use to anyone.

Think 23andMe, but with some added steps: Customers can order a kit from the GoodCell website and set up an appointment with a phlebotomist who comes to your home or office to take your blood. That kit is sent to GoodCell's FDA-approved lab in New Brunswick, New Jersey, where the DNA, blood plasma and stem cells are analyzed and safely stored for the future.

"We want to be able to help people age healthier. Not necessarily live longer, but live healthier."
Trevor Perry

"When I did [a DNA test] I found out some great information, and that was fun, but what value does it have for me in the long term?" Perry said. "Value is in the peace of mind, being able to know more about your aging and to age healthier."

It's not a cheap service — $995 for the kit, $95 for an annual membership — but does your peace of mind and a potential future, personalized cure have a price tag? To Perry, it's the ultimate self care.

"It's a big mission and big vision, but we really want to change the trajectory of medicine. We want to be able to help people age healthier. Not necessarily live longer, but live healthier," Perry said. "To be able to know how to use your own body, your own cells, to be able to tell how you're aging and to be able to cure yourself when things happen — that'll be a big driver of medicine in the future."

KRISTIN TOUSSAINT

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Facebook has about 87 million fake profiles based on real people's accounts

That's nearly a 500 percent increase in just over a year, and the company is struggling to cope with the situation.

MICHAEL MARTIN
letters@metro.us

In its quarterly filings, Facebook says there are up to 87 million fake Facebook profiles on the social network — up from 18 million in 2016 — using duplicate photos and information of real Facebook users.

Facebook says "episodic spikes" in fake-account creation in Indonesia, Turkey and Vietnam were responsible for the increase. The Washington Post reported that Facebook has released opt-in facial-recognition technology to combat the fraudulent profiles, but it is not particularly effective: The program only scans a user's friends and friends-of-friends network for fakes.

During Facebook CEO Mark Zuckerberg's testimony before Congress last month, Sen. Chris Coons (D-CT) told Zuckerberg that friends had alerted him to a fake Facebook profile that duplicated Coons's information and photos and added "a whole lot of Russian friends."

"Whoever created them had literally just copied and pasted my photo from my Senate page and a whole bunch of photos from my Facebook pages," said Coons. "Isn't it Facebook's job to better protect its users? And why do you shift the burden to users to flag inappropriate content and make sure it's taken down?"

"It's kind of a cop-out to pretend there's some high-tech solution needed for this."

Zach Elwood

"It's clear that this is an area ... we need to do a lot better on," Zuckerberg replied. "Over time, we're going to shift increasingly to a method where more of this content is flagged up front by AI tools that we develop."

The company can't identify the fake Facebook profiles accurately.

Facebook CEO Mark Zuckerberg has struggled to address how the company will combat the creation of fake pages. GETTY IMAGES

In the meantime, Facebook is struggling. When the Post showed the company a dozen fake Facebook profiles copied from one real user, the company disabled the accounts of the real person but left the fake ones in place.

Observers say it's unclear why a $500 billion industry-dominating tech company can't do a better job at catching fakes. Zach Elwood, a Portland, Oregon-based writer, tracks counterfeit Facebook accounts in his spare time. He records them in a spreadsheet and told the Post he can spot a fake with a few clicks. "It's kind of a cop-out to pretend there's some high-tech solution needed for this," he said. "I'm not anybody with any special knowledge. Anybody can go on there and find these things."

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Hawaiians brave volcanic gases, lava to retrieve pets, belongings

Lava spewing in fountains up to 300 feet high from an erupting Hawaiian volcano has destroyed 35 homes and other buildings, officials said on Monday, warning residents allowed brief visits to their properties to be prepared to flee at a moment's notice.

Many of the 1,700 people under orders to evacuate from the Leilani Estates neighborhood on the eastern side of the Big Island were permitted to return home during daylight hours on Sunday and Monday, during a lull in seismic activity from Kilauea.

"Be prepared to evacuate at a moment's notice," the Hawaii County Civil Defense Agency said in an alert on its website. Residents of a second area, Lanipuna Gardens, were barred from returning home on Monday due to deadly volcanic gases.

Leilani Estates, some 12 miles from the volcano, was evacuated due to the risk of sulfur dioxide gas, which can be life threatening at high levels.

Leilani Estates, some 12 miles from the volcano, was evacuated due to the risk of sulfur dioxide gas, which can be life threatening at high levels. GETTY IMAGES

Kilauea, which began exploding on Thursday with fountains and rivers of lava flowing into neighborhoods, has opened 10 volcanic vents since then, officials said. Lava was not flowing from any of the vents on Monday.

So far, no deaths or major injuries have been reported, but the civil defense agency said at least 35 structures had been destroyed, many of them homes.

The southeast corner of the island was rocked by a powerful magnitude 6.9 earthquake on the volcano's south flank on Friday, the strongest tremor since 1975, and more earthquakes and eruptions have been forecast, perhaps for months to come.

Kilauea, one of the world's most active volcanoes has been in constant eruption for 35 years. It predominantly blows off basaltic lava in effusive eruptions that flow into the ocean but occasionally experiences more explosive events. REUTERS

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Matt Juul
Metro Reporter

Packed train common sense

Subway rides are a drag when you have to pack into a crowded train like a sardine in a can, but some inconsiderate commuters tend to make these trips even worse. While everyone knows about the plague that is the dreaded man-spreaders or the obnoxious college kids who never want to take off their giant backpacks, there is also the select group of people who just absolutely refuse to sit in open seats on packed trains. We get it, you don't want to rub shoulders with strangers as you squeeze into that tiny, open space. But honestly, suck it up! Is it really that much of a hassle? What gives you the right to make someone else miss their train just because you don't want to make the extra room by taking the seat? I'd rather have someone squeeze into a seat next to me than watch a person stand right in front of an open space with a blank stare on their face. Do us all a favor and just sit down already.

Do you agree?
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@face_diwan
This is the third totally packed train. Should be two more behind says the conductor. Let's see who gets on. #septa #philadelphia #philly

@MikaelaMariaPHL Ooo that #septa commute! Only 2 completely packed trains have come in the last 30 mins. People are leaving berks with this look on their faces. Ooo ummm I might just walk to center city? Lol @SEPTA_SOCIAL

@NelsenElizabeth
Nothing like riding a packed #septa train... at least it's an express from Radnor to 30th.

@naish001
#SEPTA time to release more trains for Doylestown line...jam packed cars... not safe

@CordyQ45
Last night 30 [min] delays; this morning packed and delayed trains with no air. Man, I love you, #SEPTA

@meredithmaym
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After waiting and waiting for a train there's nothing worse than those doors opening only to find it packed. GETTY IMAGES

Had to get off my train and now we're all waiting for another one to come because this one is packed lol #SEPTA just a day in the life :)
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Aries How you help others will make a difference. Don't neglect your responsibilities when covering for someone else. Show others the way, but don't do the work for them.

Taurus Keep busy and refuse to let your emotions cause you to overreact. Consider all angles of a situation and recognize that what works for you may not work for someone else.

Gemini Listen to sound advice and consider your options before you make an assumption or take action. Personal change will be rewarding and help you avoid an argument.

Cancer Don't feel obliged to be a follower or let fear of failure drive your actions. Create your own opportunities and use your imagination to help you bring your ideas to life.

Leo Keep personal matters in check and don't let your emotions hinder your productivity or get in the way of you meeting your responsibilities.

Virgo Attend functions that will give you better insight into future trends. Staying on top of industry requirements or technology and social media will ensure that you don't miss a chance to advance.

Libra Live and learn. Get out and do things that will open your mind to different cultures and lifestyles. Someone close to you will feel threatened by your changing attitude.

Scorpio Doing things your way can be daunting for someone who loves you. Share with close friends and family or include them in your plans to gain support and avoid complaints.

Sagittarius Relationship problems will be based on hearsay. Make your position clear and share the changes you want to see happen. Evasiveness will lead to a misunderstanding or loss.

Capricorn Watch what others do instead of taking part. Avoid unnecessary arguments or joint ventures that could be unpredictable. Concentrate on stability and domestic security. Be the solution.

Aquarius Revisiting the past will help you change the future. Old friends, memories and experiences will shape what's to come. Romance will improve your attitude and encourage a better personal life.

Pisces Don't let sorrow take charge or cause you to retreat. Strength and courage, along with truth and integrity, will lead to greater opportunity and better relationships.

EUGENIA LAST

Ratings, reboots and rumors: The 'Roseanne' effect

Fans were delighted by the return of "Gilmore Girls." NETFLIX

The "Roseanne" reboot has dominated the ratings. ABC

What's old is new again as once retired shows are rebooted for the golden age of TV.

HENRIETTA JONES
letters@metro.us

For five weeks running, the Season 10 "Roseanne" reboot has been a ratings winner for ABC, and its knockout success has television executives peering into the cupboard trying to figure out what old network faithful to dust off next.

In the current political climate, sitcoms seem to be a form of narrative comfort food for audiences, with the ratings success of reboots like "Will & Grace" and "Roseanne" indicating viewers are nostalgic for a time before the nastiness of reality TV dominated network schedules.

With 13 episodes on order, "Murphy Brown" remains one of the most highly anticipated reboots of 2018, with star Candice Bergen and creator Diane English revisiting the series that was so topical it raised the criticism of Vice President Dan Quayle at the time, leaving a strong cultural legacy.

Other fan favorites currently rumored to be in development include a revival of "Mad About You," staring Helen Hunt and Paul Reiser, with Hunt openly discussing the revival during a recent appearance on "The Ellen Show."

"We're talking about how to make it and not wreck it, because we're proud of what we did," she told DeGeneres.

Wrecking — and unwrecking — seems to be a key concern for most shows returning to the small screen. "Roseanne" has chosen to simply ignore the original shambolic Season 9 finale that saw Dan die; "Will & Grace" chose to make their finale storyline all a bad dream — both shows ended up poking fun at their own narrative flip-floppery. Viewers, thrilled with the return of their TV favorites, willfully ignored the gaps in plot.

Other shows, like the four-episode Netflix special "Gilmore Girls: A Year in the Life" offered fans a chance to temper the ills of a horror final season (Luke's random daughter, anyone?) and creator Amy Sherman-Palladino a chance to air those final magic words she teased for years. However, while those four words were worth waiting for, the show unintentionally exposed just how woefully unlikeable one of its key characters really was.

There's no doubt that fan loyalty drove Netflix's "Gilmore Girls" revival, but it wasn't the first show Netflix breathed new life into: In 2013, cult classic "Arrested Development" was one of the best all-cast returns; a new season is promised for later in 2018.

But fans can be fickle and not all revivals find success; "Dallas," "Dynasty" and "Lost in Space" have had lukewarm responses, and even with original cast members Gillian Anderson and David Duchovny returning, "The X-Files" hasn't performed as well as hoped.

While some reboots flounder, rumors about revivals continue to flourish: Vin Diesel is an executive producer on a potential "Miami Vice" remake, a new "Charmed" pilot has been shot in Vancouver, and there are even hopeful whispers about fan favorites like "The Office" and "The West Wing" coming back in some form. The only certainty? It's really only a matter of when, not if, your favorite high-rating shows will be back.

Yes, even "Murphy Brown" is making a comeback. CANDICE BERGEN VIA INSTAGRAM

The "Will & Grace" revival has been a bona fide hit. NBC

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Can marijuana prevent heart attacks?

Kevin Smith says smoking weed pre-heart attack saved his life.

MEAGAN MORRIS
letters@metro.us

Writer and director Kevin Smith survived a "widowmaker" heart attack earlier this year — a heart attack that kills 80 percent of people who have one.

How did Smith manage to survive? Weed.

"They got me to the hospital and they wheel me into the emergency room and the whole time I'm chill. Like, the guy said, the paramedic, he goes, 'You're being real calm, that's going to get you through this,'" Smith told Stephen Colbert on May 1.

"And there's a dude behind him [that] goes, 'That's what's going to save his life.' And I'm like, 'What does that part [mean]?'"

Smith was initially worried that all the weed he smoked earlier in the day was the cause of his heart attack, but his doctor said otherwise.

"He said, 'No, quite the opposite. That weed saved your life,'" Smith said.

Can marijuana prevent a heart attack?

Don't go investing all of your health care dollars in marijuana just yet.

A 2002 study from Harvard Medical School and Beth Israel Deaconess Medical Center in Boston found that smoking weed increases a person's chances of having a heart attack within the first hour of smoking — more than five times that of non-smokers.

The reason: Smoking weed "increases the heart rate by about 40 beats per minute," lead study author Dr. Murray Mittleman, director of cardiovascular epidemiology at Beth Israel Deaconess Medical Center, said at the time.

Smith has lost 30 pounds since his health scare. GETTY IMAGES

"It also causes the blood pressure to increase when the person is lying down, and then abruptly fall when the person stands up, often causing dizziness," he added. "These effects may pose significant risk, especially in people with unrecognized coronary disease."

Mittleman added that the role THC — the chemical compound in marijuana that causes the high — plays in the risk is unknown.

What does current research says about marijuana and heart attacks?

The Harvard and Beth Israel study was conducted over 16 years ago — a lifetime when it comes to medical research. Is the link between weed and heart attacks still relevant?

Yes, at least according to a 2017 study from Philadelphia's Einstein Medical Center.

For the study, cardiologist Dr. Aditi Kalla and

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After suffering a heart attack, Kevin Smith's doctor told him that the weed he smoked earlier may have saved his life. ISTOCK

team analyzed over 20 million medical records from people between 18 and 55 who had been discharged from hospitals in the United States. The team broke the data down to people who admitted to smoking weed before their hospital visit (1.5 percent of patients) and found that these patients were at 26 percent higher risk for stroke and 10 percent higher risk for heart failure than those who didn't smoke weed.

"Even when we corrected for known risk factors, we still found a higher rate of both stroke and heart failure in these patients, so that leads us to believe that there is something else going on besides just obesity or diet-related cardiovascular side effects," Kalla said in a press release at the time.

Can anything related to marijuana help your heart?

As Harvard pointed out, marijuana is still considered a Schedule I substance, meaning the federal government views it as having "no currently accepted medical use and a high potential for abuse," making it difficult for in-depth research on its health effects.

That said, research into a derivative from the cannabis plant shows promise when it comes to health.

A 2013 review published in the British Journal of Pharmacology found that cannabidiol (CBD) helped reduce vascular tension in rodents, along cardiomyopathy associated with diabetes.

CBD — found in the seeds, stalks and flowers of cannabis plants — is also shown to have benefits to people with diseases like cancer, colitis and Huntington's disease.

How's Kevin Smith's health now?

Smith has lost over 30 pounds since his heart attack in February — and he plans to lose at least 50 as an ambassador for Weight Watchers.

"This is the weight I was when I met my wife, so this is a good weight to be at. Last time I was at this weight, I scored, big time," he said.

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Nakation: The *best* naturist resorts

Sun's out? Here's where to get your buns out.

HENRIETTA JONES
letters@metro.us

Ah, nudists resorts: the one place where what you'll save on laundry only to spend on sunscreen. With temperatures finally on the up-and-up, it's time to bare your soul at these body-positive and cheeky naturist resorts, which open this summer and offer everything from campgrounds to cottages, and RVs to hotel rooms.

Being without clothes is a great equalizer, and first timers interested in social nudity are always welcome, with some clubs and resorts hosting open days for the curious and curiouser — although if you're a newbie to all things nude, prudes need to be aware getting naked can be compulsory in some common areas.

Sunny Rest: Bare bums and boat regattas

With a huge event calendar that includes everything from a Naked Baconfest to a Fashion Show, Nude Volleyball tournaments and the legendary Boat Regatta weekend in August (think Scotch Tape and cardboard boxes in a heated pool), the 190-acre Sunny Rest, has a loyal clientele of daytrippers and extended vacationers. With a view to the Pocono Mountains, the site has campsites, RV spots, cabin and RV suites, all with access to Flasher's Nightclub and Streakers Bar — and if you've got any mobility issues, you can rent a golf cart to tour the resort. *sunnyrest.com*

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Notice is hereby given that Storage King USA-Kensington at 3100 C St Philadelphia, Pa 19134 will sell the contents of the storage units listed below at a public auction to satisfy a lien placed on the contents (pursuant to 73 PS). The sale will take place at Storage King USA at the address above on 5/10/2018 at 1:00PM. The sale will be conducted on premises by Auction America NJ, under the guidance of George Hurtuk (license #PA31567) on behalf of the facility's management. Contents will be sold for cash only to the highest bidder. A 10% buyer's premium will be charged as well as a cleaning deposit per unit. All sales are final. Seller reserves the right to withdraw the property at any time before the sale or to refuse any bids. The property to be sold is described as "general household items" unless otherwise noted.

Alexis Feliciano-Santiago (1068), Albert Pugliesi 3rd (1075), Albert Pugliesi 3rd (1079), Albert Pugliesi 3rd (1081), Sigfredo Lugo JR (1116), Jacquelyn Perez-Camacho (1131), Lisa Palmer (1200), Rosa Serrano (3086), Evelyn Sostre (3209), John Nagele (3229)

STORAGE KING USA SELF STORAGE

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Herman Fleming #129, Amir L. Harris #180, Akhenaton T. Jones #1005, Sonny T. Nelson #1168, Antoinette M Davis #2059, Daniel J. Burdine #2085, Robert W. Crowder III #2166, Angela L. Edmonds #2189, Edouk E. Uvah #2314, Kile J. Sampson #2321, Nysheerah J. Hudgins #2343, Leah T. Wright #3060, Erika M. Shearkis-Hill #3108, Stacey Kent #3130, Janet E. Johnson #4028, Najzah D. Rennel Cotton #4033, David F. Bond #4032, Maya L. Thomas #4016, Ryan D. Scott #4013

STORAGE KING USA SELF STORAGE

NOTICE OF PUBLIC AUCTION

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Unit #2406 Eric B Antoine Sims • Unit #2321 Hadiya S Braddock • Unit #1102 -Tyrome Briggs • Unit #1164 Kacy Nickon • Unit #1228 -Diane D Bishop
Unit #3014 Johnette Miller • Unit #2021 Keenan Davis • Unit #3039 Angel Reed • Unit #3068 Craig Fulmore • Unit #2096 Raheem Jackson Unit #2132 Kelli Green
Unit #2174 Deedra O Baxter-Rice • Unit #2241 Saleema Wingfield • Unit #2255 Darcel Broadnax • Unit #2265 Enomen J. Okogun

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Empire Haven: Rural and rustic

From Pickleball to Pet-anque courts and fishing in Frog Kick Pond, for almost 60 years Empire Haven in Moravia, NY has ticked the box for the rural and rustic naturist experience, with day rates, camping sites and cottages in the Finger Lakes area. Bookings from May 15. *Empirehaven.net*

Rock Lodge: Community and cawfee

Located in New Jersey, Rock Lodge Nudist Lodge is less of a resort and more of a social, family-oriented naturist club for the community, with a number of private houses and cabins on 145 acres with it's own spring-fed lake. For over 80 years, they've celebrated summer with classical music concerts and literary events, short story dramatic readings- although their 3pm Sunday Coffee Klatch is renowned among the Rock Lodgers. In early June, they have an open house for people keen to join. *rocklodge.com*

Dyer Woods Nudist Campgrounds: Bare cheeks and birdsong

Set over 200 acres in northwestern Rhode Island, Dyer Woods is set in a pristine nature reserve with back to basics facilities in a gorgeous New England setting. A treated, spring-fed swimming pond is the heart of the property, with a wood-fired sauna, bathhouse and clubhouse all open to textile-free visitors. While it's family-friendly, this is a place where you can really get back to nature with a cultures that leans more towards communal campfires than rowdy clubs, and includes hiking trails and natural ponds throughout the forest. *dyerwoods campgrounds.com*

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Cesar Hernandez is averaging one strike out per game this season . GETTY IMAGES

SOUND THE ALARM: PHILS ON PACE TO BREAK 'K' RECORD

OPINION

GLEN MACNOW

Glen Macnow has been an outspoken voice in Philly sports for nearly three decades. @realglenmacnow

When Washington ace Max Scherzer induced Phils catcher Jorge Alfaro to flail at three straight four-seam fastballs in the seventh inning Sunday, Major League history was made. Never in 137 years had a pitcher tallied 15 strikeouts in a start while posting 19 outs or fewer.

Now that may seem an arbitrary stat. Okay, it is. But it speaks volumes about the game in 2018 — particularly about the Phillies.

In the era of launch angles and exit velocity, Major League whiff rates are the highest they've ever been. Through Sunday's games there were 8,204 base hits — and 8,554 strikeouts. Never in baseball's history have the Ks exceeded the hits.

Part of that stems from today's bullpens being stocked with hellacious relievers throwing 99 mph. But, more so, there's a new offensive mind set, exemplified by the Phillies, that examines the new math and concludes, hey, a strikeout is nothing to be ashamed of.

"Strikeouts by themselves are not a terrible thing," Phils GM Matt Klentak recently told the Inquirer, adding if they are balanced by a high walk rate and home runs, "It's a perfectly good way to build an offense."

What in the name of Ichiro Suzuki is going on here?

Following that mandate, every Phils hitter has abandoned the art of shortening up his stroke when facing two strikes. Instead, they take a few pitches, swing for the fences, and too often plod back to the dugout after strike three.

Nine separate Phils hitters are on pace for 100-plus punch outs — and it would be 10 if light-hitting SS J.P. Crawford hadn't gotten injured. As a team, they are headed for 1,636 whiffs, which would obliterate the MLB record.

The urge to flail has infected everyone. Banjo hitter Cesar Hernandez is swinging like Ryan Howard — except without the homers. Hernandez is trending toward 162 Ks — one per game. Catchers Alfaro and Andrew Knapp are on a combined pace for 289 strikeouts. I can't imagine that total has ever been topped by one position on a baseball team.

Am I the only one bothered by this?

The swing-from-the-heels mindset is bothersome in several ways. First, a diet of walk-strikeout-homer is boring baseball. Fewer balls in play means more dead time with fielders idling about chewing sunflower seeds. There's no defense, no base stealing, nobody trying to stretch one into a triple. No action.

Second, Klentak's plan to build his offense this way is flawed because it reduces the number of ways a team can score. If Phils hitters narrow-focus on drawing walks and swinging for homers, they're unable to bunt, hit behind a runner or create any small-ball opportunities to help them survive against a monster like Scherzer.

And, of course, it creates longer games. The average Phils contest has lasted 3:11 this season.

I'm no enemy of analytics. I bought Bill James's guidebooks back when they were mimeographed sheets. And I've been around long enough to know everything in sports is cyclical. So I'll celebrate when this self-defeating, tedious offensive strategy moves on.

Meanwhile, I'll hunker down, order up another beer and bag of peanuts and watch the parade of failure trudge back to the dugout. And hand me another pencil. I wore this one out writing the letter "K" too many times on my scoresheet.

333

The Phillies have struck out a whopping 333 times as a team so far this season, but that's not even the worst mark in MLB. The Rangers have struck out 356 times and the Padres have K'd 355 times so far.

"Nine separate Phils hitters are on pace for 100-plus punch outs — and it would be 10 if light-hitting SS J.P. Crawford hadn't gotten injured."

Glen Macnow

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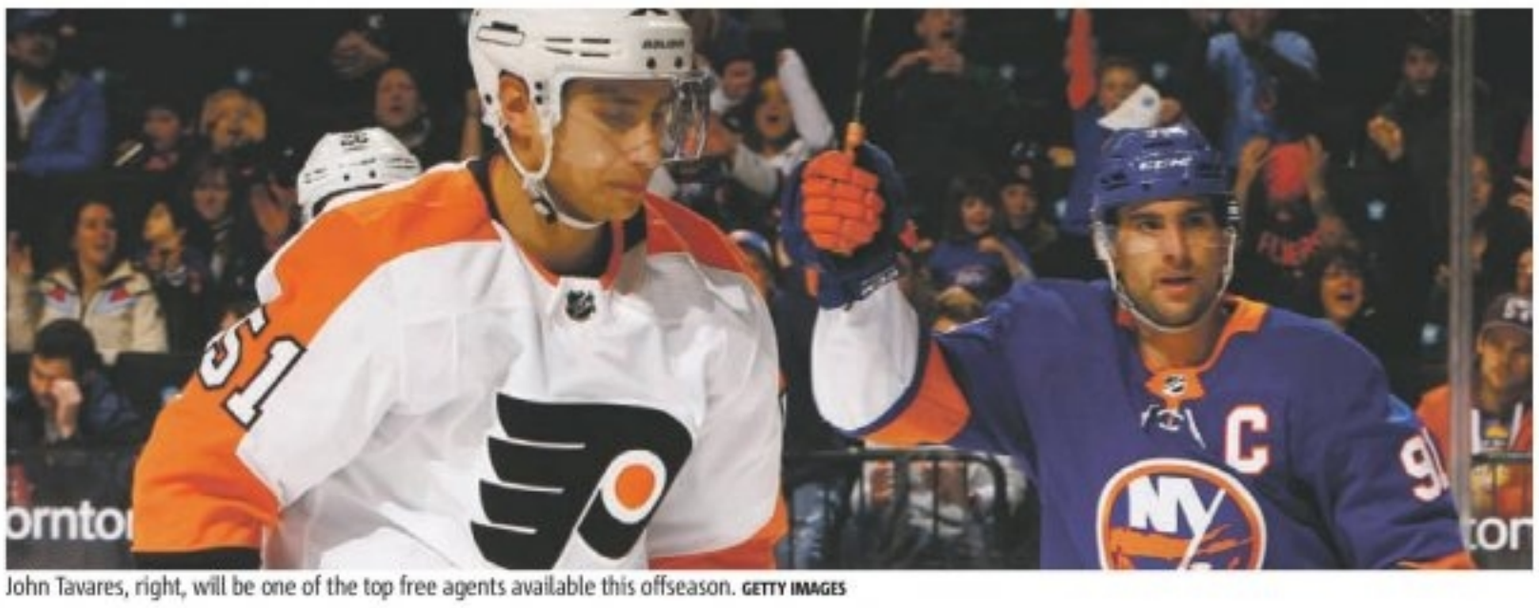
Pressure on Hextall to be bold this offseason


John Tavares, right, will be one of the top free agents available this offseason. GETTY IMAGES

The Flyers GM needs to create some buzz via trade or free agency.

ERIC GOLDSTEIN
@MetroPhilly
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It's probably safe to assume that Flyers General Manager Ron Hextall holds a wee bit of jealousy over the way Sixers GM Bryan Colangelo has helped play the role of cupid between his franchise and its fans.

Face it, Philadelphia is in love with the Sixers.

In just his second year at the helm, Colangelo's team won 52 regular-season games and secured the third seed in the Eastern Conference, smothered the Miami Heat in the first round of the playoffs, boast two young superstars, and the team is such a hot ticket that it played to full capacity on a bitter cold weeknight against the miserable Chicago Bulls in January.

Meanwhile, Hextall's organization is meddling along in the fourth season of what seems like a 10-year rebuilding plan. Sure, the Flyers improved their regular season point total by 10 this year, finished in third place in the division and the roster includes a couple of top-flight players in Claude Giroux, Jake Voracek, and Sean Couturier, as well as a few rising stars in Travis Konecny and Ivan Provorov.

However, the city is hardly in love with the team.

Passion among the fan base is lukewarm, at best, especially after seeing all of those rows and rows of empty seats for the two home playoff games against the Pittsburgh Penguins, their fiercest rival and the two-time defending Stanley Cup champions.

Hextall clearly needs to borrow some arrows from Colangelo.

Hextall just needs to point them at the fringe fans, the same ones who hoped on the Sixers bandwagon within the last year, and attach a bold move, or two, this offseason. And this is the offseason to get it done. For the first time in what seems like ages, the Flyers will have significant payroll cap space and the flexibility to make a splash in free agency. Hextall could make an offer [reported asking price of $10 million per year] to 27-year-old superstar John Tavares, or in-their-prime 30-goal scorers like Evander Kane and James van Riemsdyk.

Another route is the trade market, where Hextall has assets. The Flyers could package one of their two first round picks [they have the 14th and 19th selections], one of the prospects they have stockpiled in the system, and a veteran – say, Wayne Simmonds or Voracek – for a stud defenseman, such as Erik Karlsson, or forward.

Inking a high-profile free agent or swinging a blockbuster deal obviously classify as bold moves.

Or, Hextall can remain patient and stay the course.

That would mean he'd retain both first round picks, add some mid-level talent and depth via free agency or a trade and hope the young core continues to grow – and wait to make that needle-moving transaction in the 2019 offseason.

There is no wrong answer as both approaches have proven to lead to building a perennial Cup contender.

It's just that if Hextall chooses Option B and sticks with a conservative pace, he must endure another season, or more, of watching his counterpart with a twinge of envy.

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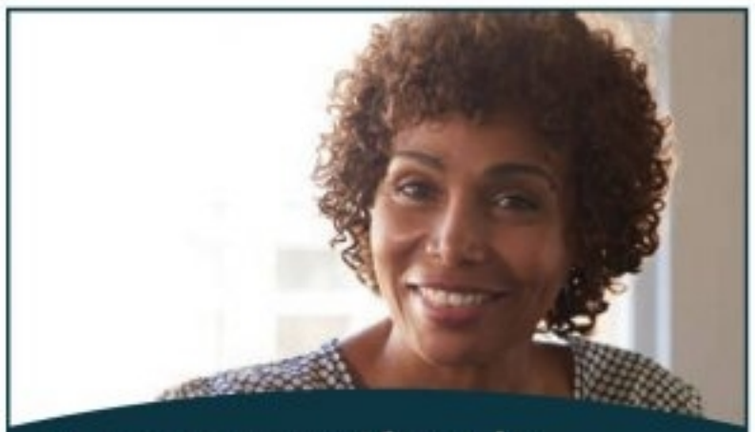

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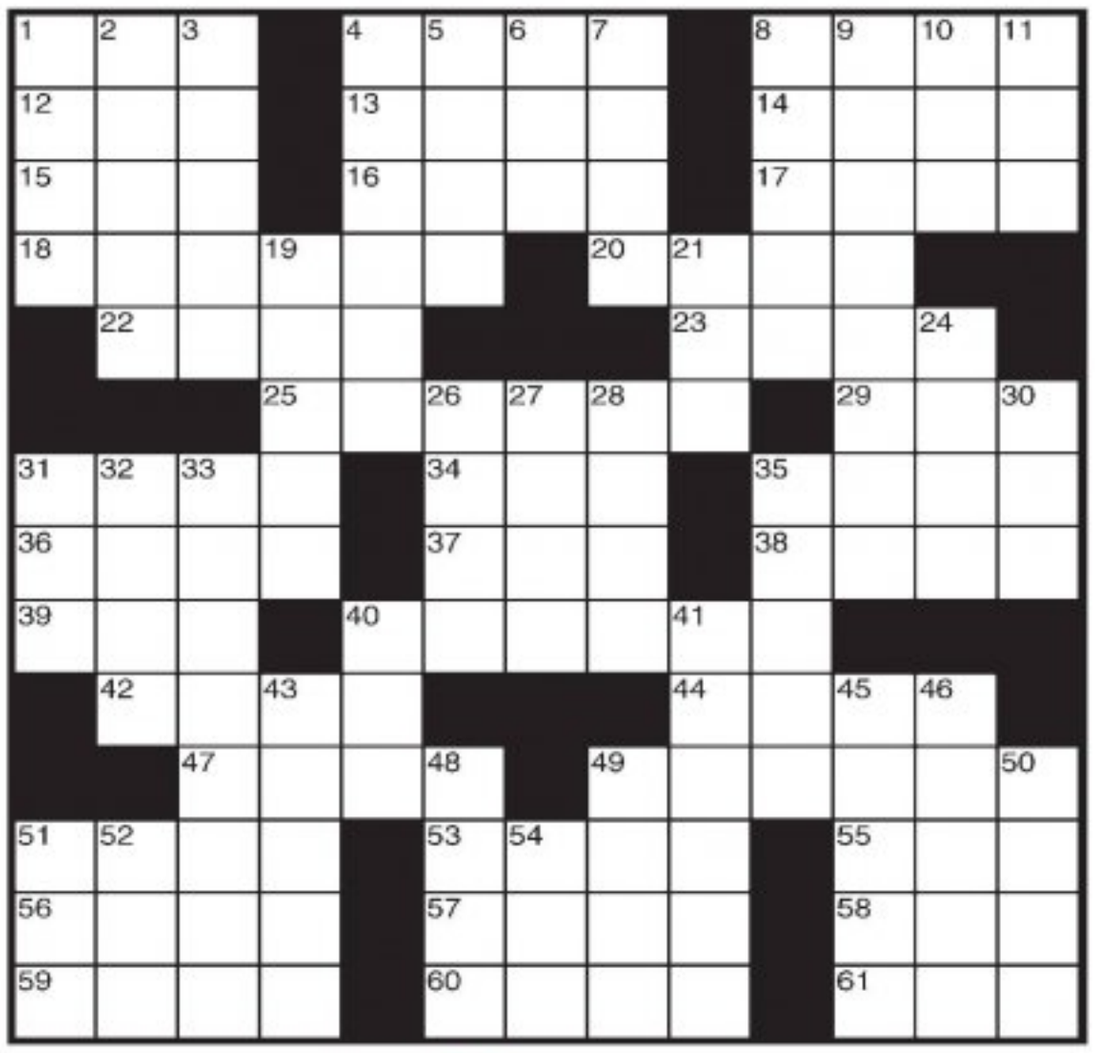

metro.us/crossword

ACROSS
1 Ullmann of cinema
4 Rum-soaked cake
8 Thrilled
12 Thurman in "Kill Bill"
13 Byron's works
14 Not admit to
15 "My -- Sal"
16 Reminds too often
17 Particular
18 "I" trouble?
20 Three, in Bolivia
22 Columnist -- Bombeck
23 Do a slow burn
25 Damaged by hail
29 Jungfrau
31 Lightweight toy
34 Wolf, say
35 Planets or moons
36 Adored one
37 Color TV pioneer
38 Ballpark fig.
39 Rookie socialite
40 Romp
42 Ice floe dweller
44 Spice or medieval weapon
47 Horse-trade
49 Overseas
51 Water, to Pedro
53 Karachi language
55 Expert
56 Man of the haus
57 Stick around
58 Sault -- Marie
59 Start a garden
60 Impudent back talk
61 Codgers' queries

DOWN
1 Olympic sled
2 Reflection
3 Heroic quality
4 Dwarf tree
5 Arkin or Driver
6 Canine command
7 Exec. aide
8 Parting word
9 Wise up (2 wds.)
10 United
11 Sock hop locale
19 Use force
21 P.O. service
24 Isle of exile
26 Part of NWT
27 Burrito alternative
28 Footnote abbr. (2 wds.)
30 Seattle hrs.
31 Young goat
32 Caesar's worst day
33 Certainly (3 wds.)
35 Grouchy Muppet
40 Marlins' st.
41 Suffuses
43 Prize
45 Grove
46 Terra firma
48 Alehouses
49 Tacks on
50 Female rabbits
51 Spa sighs
52 Go right!
54 Narrow inlet

metro.us/sudoku

easy

6				2			9	8
			8	6			4	
	7	1					5	2
7		6				8		
			4		7			
		5				2		1
1	3					9	8	
	8			4	3			
2	6			9				3

hard

				4	6	2	3	
	7					9		1
			7	9			4	5
			5					
1	5		4		9		7	2
					7			
4	9			8	5			
7		5					1	
	2	1	3	7				

metro.us/games

PAR SCORE 160-170

I1	E1	I1	X8	S1	L1	M3	5th Letter Triple
K5	R1	A1	E1	R1	C3	C3	Triple Word Score
F4	S1	S1	E1	T1	N1	I1	
T1	S1	E1	I1	P3	M3	E1	

RACK 1
RACK 2
RACK 3
RACK 4

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Yesterday's Crosswords

G	R	A	F	■	J	A	R	■	V	O	L	E		
P	O	L	O	■	I	T	A	■	I	G	O	R		
S	L	U	R	■	V	O	Y	A	G	E	U	R		
■	E	M	B	L	E	M	■	D	I	E	T	S		
■	■	■	A	I	D	■	S	A	L	■	■	■		
E	X	U	D	E	■	D	I	G	S	I	N	■		
P	E	R	E	■	L	I	F	E	■	C	U	D		
A	N	A	■	R	A	N	T	■	N	O	T	A		
■	A	L	B	U	M	S	■	P	A	N	S	Y		
■	■	■	U	P	A	■	J	A	I	■	■	■		
H	A	S	T	E	■	L	A	D	L	E	D	■		
M	U	T	T	E	R	E	D	■	I	L	E	S		
O	D	I	E	■	D	E	E	■	N	I	B	S		
S	I	R	S	■	S	R	S	■	G	A	T	E		

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